

Inside



■ Anne Hathaway and Kate Hudson star in 'Bride Wars,' playing this week at Hickam Memorial Theater **B4**

Education

GMAT testing — Hickam's National Test Center now offers the GMAT test on Mondays and Wednesdays at 7:30 a.m. and 12:30 p.m. The test center is operated by Hawaii Pacific University and is located in Hangar 2, Rm 255. For additional information about the GMAT or any other tests offered, contact Dave Terry at 543-8056 or e-mail mcp_ntc@hpu.edu.

Hawaii Pacific University registration — Registration has started for classes running from April 6 to June 15. Current students can register online or in the HPU office in Hangar 2. New students are encouraged to make an appointment early with the academic advisor to assist with selecting a degree plan. Call 543-8053 or visit the Web site at www.hpu.edu and select the Military Campus Programs (MCP) tab.

Commissioning Briefing — This will be held today, Friday, March 13 at 1 p.m. in Hangar 2, Rm 126. This is the starting point for active duty enlisted AF members interested in becoming a commissioned Air Force officer. Contact the Force Development Flight at 15mss.dpe@hickam.af.mil or call 449-6363 to sign up for the briefing. Plan approximately 1.5 hours for the briefing.

09E6/7 WAPS testing — The cycle runs until March 31. WAPS testing is scheduled for 7:30 a.m. and 1:30 p.m. in Hangar 2, Rm 278. Note these are test start times NOT SHOW TIMES. Doors open at 7:15 a.m. and 1:15 p.m. All examinees must be in military uniform of the day and have their valid military ID cards in their possession to be tested. Contact Mr. Myers at 449-6363 ext. 252 or at david.myers@hickam.af.mil.

AF tuition assistance (TA) — Remember, you can request TA within 45 days of your course start date via the Air Force Virtual Education Center in the AF Portal. Your degree plan must be on file (an official degree plan after 12 credits completed) before TA will be approved. Contact the Force Development Flight at 15mss.dpe@hickam.af.mil or stop by Hangar 2, Rm 103.

The Power of Prayer

Photos by Chris Aguinaldo
Design by Jay Parco

At the recent National Prayer Luncheon, the base community united to celebrate the country's religious freedom.

The serene morning included Christian, Hindu, Mormon and Buddhist readings — in addition to a prayer for the nation.

Music from the Hawaii Pacific

University International Vocal Ensemble also filled the Officers Club lanai.

Special guest speaker Chaplain (Brig Gen) David Cyr, Air Force Deputy Chief of Chaplains, also acknowledged "true heroes," the Hickam community both here and deployed serving the nation.

Chaplain Cyr also recognized on stage SrA Aaron Chartier, 15 SFS, for his role in saving lives in Baghdad and for outstanding conduct, presenting him a coin.



By Chris Aguinaldo
Hickam Kukini editor

Team Hickam is proud to proclaim TSgt Mala Heaney as our Warrior of the Week.

Originally hailing from Cleveland, Ohio, TSgt Heaney serves as the Noncommissioned Officer In Charge (NCOIC) of wing scheduling maintenance.

Initially joining the Air Force for its travel and educational opportunities, she's found service "has made me more responsible, adaptable and selfless," she said.

She's been in Air Force for 20 years, with three right here at Hickam, where her work has certainly been appreciated.

"TSgt Heaney has been and continues to be an incredible member of the team, an awesome wingman and fantastic leader," said Maj Jeffrey D. Hayden, Commander, 15th Maintenance Ops Squadron.

"She has led the Plans and Programs Section through multiple deployments of her Airmen and continues to turn out a flawless flying schedule week after week," he continued.

TSgt Heaney said that her job allows her to "meet and interact with a variety of people. I have a sense of accomplishment."

WARRIOR of the week



Photo by Chris Aguinaldo

TSgt Mala Heaney leads the Plans and Programs Section and produces 'flawless flying schedule week after week,' according to her commander.

She's also faced challenges head on, said her commander, even with an impending Operational Readiness Inspection (ORI).

"Besides her day to day activities, she undertook the Unit Reception Monitor program under short notice, and turned it into a picture perfect program as validated by the ORI," declared Maj Hayden. "She is the epitome of professionalism and a proud member of Team Hickam."

TSgt Heaney is also furthering her education, working on a Masters in Project Management.

In May, she's scheduled to transfer to Minot Air Force Base in North Dakota, "going from one extreme to another, weather-wise" she shared with a laugh.

Along with Hawaii's weather, she's come to appreciate the people here as well. Though she's leaving, the tradeoff is being a little closer to Ohio and Massachusetts, where her and her husband's family reside, she said.

Hickam Health: It's easy being green

Wearing green for St. Patrick's Day? Why not make a meal to match? From broccoli to green beans to green peppers — fill your plate with greens. It may help lower risk for heart disease, protect against certain cancers, maintain vision, strong bones and teeth. Make this second week of National Nutrition Month green:

- Vary your salad greens: use spinach, romaine, watercress, or endive. Top salads with cucumbers, green onions, peas or green peppers.
- Enjoy a fruit salad with green apples, pears, green grapes, honeydew melon and kiwi fruit.
- Include chopped fresh spinach and other greens into sandwiches, pitas, wraps, lasagna, risotto, pasta dishes and burritos.
- Snack on raw broccoli, asparagus spears, celery, cucumbers, zucchini slices or crisp snow peas.

Source: www.eatright.org.

— Submitted by Amy Robitschek, Health Education Program Manager

Youth sailors participate in Hickam regatta

Courtesy Bruce Ladeira
Pacific Yacht Club

The Pacific Yacht Club (PYC) home port at Hickam AFB Harbor recently sponsored a regatta for the Youth Sailors of Hawaii on Saturday, March 7.

About 30 youth sailors ages 8 through 17 from across Oahu participated. Winds were perfect at 10 to 15 knots under a cool cloud covered sky.

Hawaii Youth Sailing Association (HYSA) supports island-wide youth sailing training, continuing education, and racing competitions. This HYSA event was sponsored



Courtesy photo

by the Pacific Yacht Club. A race of this magnitude with over 30 competitive and support boats on the water requires many volunteers and logistics to pull off a top quali-

ty event. Hickam Harbor provided a stunning venue for competition along with teaching and advancing the sport of sailing to our Hawaii Youth.

Winners by class were:

LASER A
1st Place: Morgan Merrill
2nd Place: Lance Miller

LASER B
1st Place: Ryan Doyle
2nd Place: Dylan Ale
3rd Place: Richard Wollenbecker

EL TORO A
1st Place: Sean Dave
2nd Place: Rinchen Harrison

EL TORO B
1st Place: Renesh Wainscout
2nd Place: Mitchell Woodrow

EL TORO C
1st Place: Nathan Allman
2nd Place: Mathew Butler
3rd Place: Ryan McDonald

EL TORO C2
1st Place: Leah Ford
2nd Place: Aaron Kiyotoki
3rd Place: Katherine Hughes

EL TORO C3
1st Place: Julia Douglas
2nd Place: Zachary Kaan
3rd Place: Dylan DiMarchi

EL TORO C4
1st Place: Tommy Henshaw

Inside SERVICES

Easter at the Enlisted Club

Tickets are on sale now for the April 12 Easter Sunday Brunch at the Enlisted Club. The brunch menu includes Egg Florentine, French toast, “made to order” omelets, carving station includes leg of lamb in a minted sauce and ham in a raisin pineapple sauce, salmon in shrimp sauce, chicken breast in a curry sauce, lasagna, Neapolitan, salad bar, cold bar and assorted desserts and pastries. Seating times are at 10 a.m. and 12:30 p.m. The cost is \$24.95 (\$2 member’s first discount), ages 7-12 \$12.50, ages 3-6 \$6.25 and children 2 and under are free. Call 448-2209 ext. 226 to make reservations.

Easter at the Officers Club

Tickets go on sale for the April 12, Easter Sunday Brunch, on March 16 at the Cashiers Cage. Seating times on the Lanai are at 10 a.m. and 1 p.m. Seating times in the Dining Room are at 10:30 a.m. and 1:30 p.m. Reservations are required. Get your tickets early because this popular event sells out quickly. The cost is \$24.95 for non-members, children 7-12, \$12.50, children 3-6, \$6.25, children 2 and under are free. \$2 member’s first discount. Call 448-4608 Ext. 11 or 15 for reservations.

Go on ‘Ocean Adventure’

Outdoor Recreation has half day and full day Adventure Camps for kids 7-14 years. Week one is March 23-27. Week two is

March 30-April 4. Ocean Adventure Camp is \$100/week for half day and \$180 for full day, from 7 a.m. to 4:30 p.m. Sign up by March 19 for week one and by March 25 for week two. Let our professional, fun and experienced staff teach your kids sailing, windsurfing, ocean conservation, team building, leadership and many other life skills. Call 449-5215 to sign up.

Celebrate St. Patrick’s Day

Come to the St. Patrick’s Day Celebration, March 17, at the Enlisted Club, complete with green beer, Corned Beef and Cabbage, Irish Stew and more. The Dinner Special is \$12.95 per person and \$11 for the Lunch Buffet (11 a.m. to 1 p.m.). Call 448-2271.

Asteroids and comets

Learn about the fascinating difference between asteroids and comets on March 19, from 6 to 7:30 p.m. at the Hickam Library. This is part of a bi-monthly Solar System series presented now through September by James Wallace, NASA Solar System Ambassador. Call 449-8299.

HICKAM AFB

SERVICES

Combat Support & Community Service

Arts & Crafts open house

March is National Craft Month. On Friday, March 20, Arts & Crafts is having an Open House from 10 a.m. to 4 p.m. There will be free classes, make and take projects, demonstrations, a mini craft fair and free hot dogs and sodas. Call 448-9907 for more information.

Kids Spring Craft Camp

Kids ages 7-15 years will learn a different craft every day and find their creativity during the Kids Craft Camp, March 24-27, from 9 to 11 a.m. at the Hickam Arts & Crafts Center. Cost is \$50 for all four days. To sign up call 448-9907, ext. 110.

Free adult belly dance

Belly dancing will help you tone and tighten your curves. Try out this free challenging workout March 21 at 1 p.m. at the Makai Recreation Center. Wear comfortable clothes. To reserve a spot, call 449-3354.

Wild Wing Wednesdays

J.R. Rockers has a new special on chicken wings for 45 cents each, from 4:30 p.m. until closing, every Wednesday night. Choose from our famous jumbo wings “Rockers Wings” breaded, naked or boneless spun in your

choice of sauce; Original, High Octane, Nitrous Oxide, Garlic Parmesan, Asian Sesame, Chipotle BBQ, and our Wild Wing Wednesday sauce of the day. Call 448-2271.

Baseball coaches sought

Hickam Youth Sports is looking for volunteers to help coach the 2009 Spring/Summer Youth Baseball season, which runs from March 28 to May 16. Coaches are needed for age divisions 5-10 years. Call the Youth Sports office at 448-4492 or stop by the Youth Sports and Fitness Center, Bldg. 1399.

Rec center rate increases

The Hula Class fee has been increased to \$35 per month and the Karate Class fee has been increased to \$40 per month. Visit www.hickamservices.com for the Makai Recreation Center list of instructional classes. New students may start at the beginning of each month. Call 449-3354.

Get creative

The Hickam Library Annual Creative Writing Contest is for all ages. Ages groups are children 6-10 years old, 11-18 years old, and adults. Participants can enter both or only one category: Original Short Story and Poetry. Enter your submissions now through April 4. Awards will be presented April 18 at 1 p.m. during National Library Week April 12-18. Awards and refreshments will be provided by the Hickam Friends of the Library. Call the library at 449-8299.

USO, AFE & 15 Services present

Hollywood Knights
Celebrity
Basketball Tour

Saturday, March 21
6 p.m.
Hickam AFB
Fitness & Sports Center

Come out and watch the
Hickam AFB All-Stars battle the
Hollywood Knights
Autograph session at halftime!

Aaron Carter
"House of Carter"

Frankie Delgado
"The Hill"

D-Weck
"MTV's Wild N' Out"

Josh Henderson
"Degrassi: The Next Generation"

Brian Krause
"Charmed"

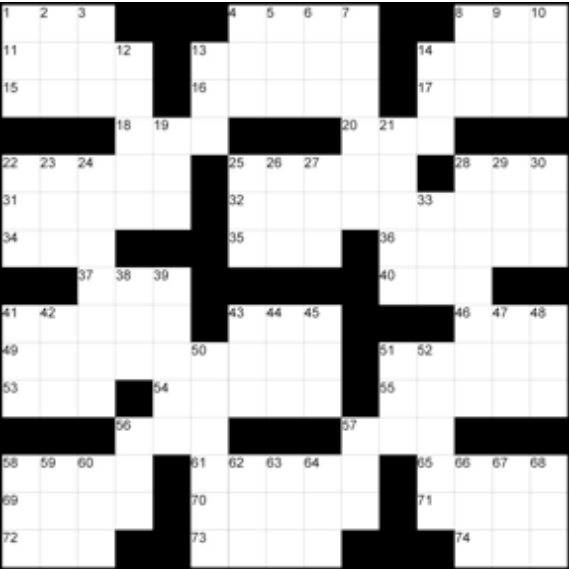
James Kyson Lee
"Heroes"

James Leasure
"Lipstick Jungle"

Wolf
"American Choppers"

Aaron Yoo
"Friday the 13th"

Crossword Puzzle: History of the World, Part 1



By Capt. Tony Wickman
71st Flying Training Wing
Public Affairs

ACROSS

- 1. Make a lap
- 4. Bellow
- 8. Auger
- 11. Exuberant
- 13. Cpl. Vernon ____; first enlisted pilot
- 14. Thaddeus S.C. ____; chief of the Union Army's balloon corps
- 15. Bird knows for mimicry of human speech
- 16. Term for putting journalists with combat units
- 17. Hodgepodge
- 18. Animal doc
- 20. European mount
- 22. Famous cube inventor
- 25. ____ in Wonderland
- 28. Nights, briefly
- 31. Entertain
- 32. Site of Wright brothers' first flight in 1903
- 34. Female companion
- 35. Mil. address starter
- 36. Small colorful tropical freshwater fish
- 37. Confederate general

- 40. Mistake
- 41. CNO Adm. William ____; made coastal defense agreement w/Army
- 43. ____ Offensive; 1968 Vietnam battle
- 46. Three to Cicero
- 49. Additional sum added to the usual cost
- 51. ____ Car; dropped Fat Man on Nagasaki (8/9/45)
- 53. Media mogul Turner
- 54. Navy P-3C aircraft
- 55. Ira ____; general developed/led daylight bombing of Germany
- 56. DoD telephone system
- 57. ____ Shorty
- 58. Event from 1939 to 1945
- 61. D-Day Beach
- 65. Gen. ____ Vandenberg; second CSAF in 1948
- 69. Bring in
- 70. Gen. Curtis ____; father of SAC and fifth CSAF
- 71. Scram!
- 72. Rapping doc
- 73. Puts on MOPP gear
- 74. Coffee holder

DOWN

- 1. Summer of ____ (1999)

- 2. William ____ Baldwin; balloonist and parachute specialist
- 3. Sn on Periodic Table
- 4. Alcoholic liquor distilled from molasses or sugar cane
- 5. Sphere
- 6. Iron or Bronze
- 7. Make ready for publication; as in Privacy Act documents
- 8. Earthlink competitor
- 9. Event from 1914 to 1918
- 10. Scientist Szilard; advocated building atomic bomb to FDR
- 12. First black USAF general; led Tuskegee Airmen in 1943
- 13. Wager
- 14. Snip
- 19. ____ out a living; get by
- 21. Battle of ____ Gulf; October 1944 monumental sea battle
- 22. Scrap of cloth
- 23. Actress Thurman
- 24. Eugene ____; first black pilot to score an aerial victory
- 25. Alias, in brief
- 26. Sass
- 27. Simpson trial judge
- 28. Gen. Mason ____; chief of the Army Air Service /Army Air Corp
- 29. US Army network of support and leisure services, briefly
- 30. Popular 1960s Jamaican music
- 33. In ____ Shoes (2005)
- 38. Continuing in the same way, briefly
- 39. Distinctive spirit of a culture
- 41. Standard time in eighth time zone west of Greenwich, briefly
- 42. Lament
- 43. Cycle and pod lead-in
- 44. Exaggerated sense of self-importance
- 45. Yards for first down
- 47. Nickname for Supreme Allied Commander, later

- POTUS
- 48. Mission for UAVs
- 50. Only General of the Air Force; Air Force pioneer/advocate
- 51. Bonnet denizen
- 52. Formal declaration to fulfill a pledge; taken at enlistments
- 56. Obbligato
- 57. Enola ____; dropped Little Boy on Hiroshima (8/6/45)
- 58. Marry
- 59. Part of 58ACROSS
- 60. Anger
- 62. USAF program to promote harassment-free environments
- 63. USAF E-2
- 64. Owns
- 66. Unit of resistance
- 67. Mad About ____
- 68. A coat or cloak

See SOLUTIONS, B4

SUDOKU

For solution, see SUDOKU, B4

	9			7	5	4		
	2							5
	5		8		9			
	8		3					
		3				2		
					4		7	
			2		6		3	
5							9	
		2	1	5			8	

Team Hickam History

The Air Force's most historic airfield

March 14, 2006 — The third of eight expected C-17 Globemaster cargo jets arrives at Hickam. General Norman Schwartz, Commander of US Transportation Command, delivered the aircraft to a thoroughly drenched Hickam, forcing cancellation of the outdoor welcoming ceremony. The official ceremony ended up taking place in the back of "Hickam 3" itself.

March 15, 1982 — Retired Lt. Gen. James Doolittle, leader of the famed World War II bombing raid on Tokyo, visits Hickam AFB and addresses a group of 500 people at the Aloha Theater.

March 15, 2001 — From mar. 12 to 15, 13 members of 25 ASOS on the Big Island along with two more personnel aboard a Navy aircraft carrier participate in the Iron Thunder joint exercise.

March 16, 1966 — GEMINI-8 astronauts

Neil Armstrong and David Scott arrive at Hickam from Okinawa, following successful completion of their flight. Astronaut Walter Schirra and NASA officials also accompanied them.



March 16, 1981 — Typhoon Freda strikes Wake Island, filling the runway with large coral rock boulders and temporarily closing the airfield until Mar. 19.

March 17, 1944 — The first members of the Women's Army Corps (WAC) arrive in Hawaii. After disembarking near the camouflaged Aloha Tower downtown, the WACs were stationed at Hickam Field where they would work in administration and motor transport jobs.

March 18, 1979 — Space Shuttle advance team arrives for discussions in connection with designation of Hickam AFB as an alternate landing site for the Space Shuttle.

RELIGIOUS OPPORTUNITIES

For more information on Base Chapel services , call the Chapel Center at 449-1754. After hours emergency Duty Chaplain via Command Post: 448-6900.

CATHOLIC

Nelles Chapel
Weekday Mass
Mon.-Thu.,
11:30 a.m.
Saturday Confessions
4:15 p.m.
Saturday Vigil Mass
5 p.m.
Chapel Center
Sunday Mass 10:30 a.m.

PROTESTANT

Chapel Center
Sunday
Contemporary Service
8:30 a.m.
Nelles Chapel
Traditional/Liturgical
Service 8:30 a.m.
Gospel Service
10:30 a.m.

OTHER RELIGIOUS OPPORTUNITIES

Buddhist, call 536-7044
Jewish, call 473-3970
Mormon, call 488-2434
Muslim, call 947-0050

RELIGIOUS EDUCATION

(Catholic) Chapel Center
Sunday (Sep-May) 9:00 a.m.

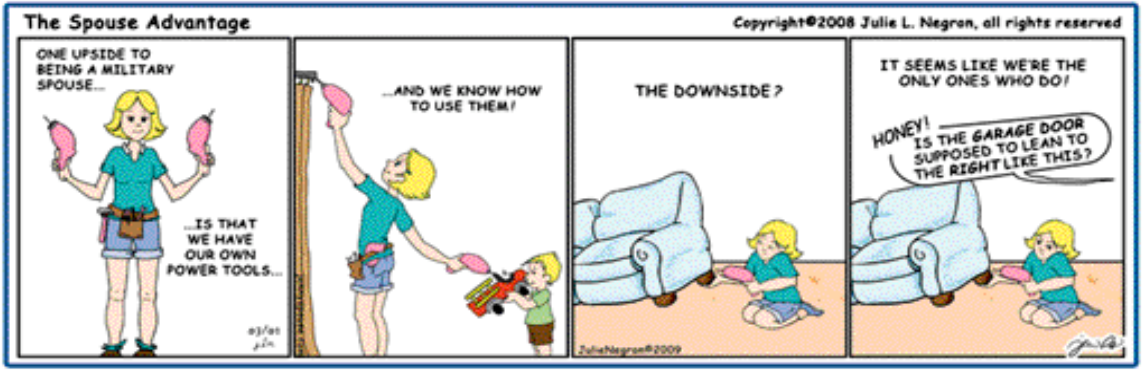
(Protestant) Chapel Center
Sunday (Sep-May) AWANA
3:00 p.m.
Wednesday Sunday School
Dinner 4:45 p.m.
Wednesday Sunday School
Classes 6:00 p.m

THE GATHERING PLACE

Airmen's Dorm Coffeehouse

King Hall First Floor
Dayroom – Bldg. 1856 - All
Airmen welcome!
Mon.-Thu. 6-10 p.m.
Fri.-Sat. 6-11 p.m.
Free gourmet espresso, cap-
puccinos, Italian sodas
Video games, internet,
movies and more
To Volunteer, call the
Hickam Chapel Center at
449-1754

Jenny



AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

Friday, 6 p.m.; Thursday, 7 p.m.

‘Bride Wars’ — Liv and Emma are best friends who since childhood have planned every detail of their respective wed-dings. At the top of their bridal “must have” list: a cere-mony at New York’s ultimate bridal destination, the Plaza Hotel. Now, at age 26, they’re both about to get married; they’re about to realize their dreams; and they’re about to live happily ever after. Or maybe not.

Starring Anne Hathaway and Kate Hudson.

Rated PG for suggestive content, language and rude behavior. Length: 98 min.



Friday, 8:30 p.m.; Sunday, 4 p.m.

‘Notorious’ — The story of Christopher Wallace who, through raw talent and sheer determination, transforms himself from a Brooklyn street hustler to become the greatest rapper of all time, THE NO TORIOUS B.I.G. This story charts his meteoric rise to fame and his refusal to succumb to expecta-tion.

Starring Antonique Smith and Naturi Naughton.

Rated R for pervasive language, strong sexuality including dialogue, nudity and drug content. Length: 103 min.



Saturday, 7 p.m.; Wednesday, 7 p.m.

‘New in Town’ — Lucy is an ambitious executive living in Miami. She loves her shoes, her cars and climbing the corporate ladder. When she is offered a temporary assign-ment, in the middle of nowhere, to

restructure a manufacturing plant, she jumps at the opportuni-ty, knowing that a big promotion is close at hand. What begins as a straight forward job assignment becomes a life changing experience as Lucy discovers greater meaning in her life and most unexpectedly, the man of her dreams.

Starring Renee Zellweger and Harry Connick Jr.

Rated PG for language and suggestive material. Length: 96 min.



SOLUTIONS, From B3



SUDOKU, From B3

3	9	1	6	7	5	4	2	8
8	2	7	4	3	1	9	6	5
6	5	4	8	2	9	3	1	7
7	8	5	3	1	2	6	4	9
4	6	3	9	8	7	2	5	1
2	1	9	5	6	4	8	7	3
1	7	8	2	9	6	5	3	4
5	3	6	7	4	8	1	9	2
9	4	2	1	5	3	7	8	6

Sipping, snacking and teeth

**Hickam AFB
Dental Clinic**

Now more than ever, kids are faced with a bewildering array of food choices — from fresh produce to sugar-laden processed convenience meals and snack foods. What children eat and when they eat it may affect not only their general health but also their oral health.

Americans are consuming foods and drinks high in sugar and starches more often and in larger portions than ever before. It’s clear that “junk” foods and drinks gradually have replaced nutritious beverages and foods for many people. For example, the average teenage boy in the U.S. consumes 81 gallons of soft drinks each year.

Alarmingly, a steady diet of sugary foods and drinks can ruin teeth, especially among those who snack throughout the day. Common

activities may contribute to the tendency toward tooth decay. These include “grazing” habitually on foods with minimal nutritional value, and frequently sipping on sugary drinks.

When sugar is consumed over and over again in large, often hidden amounts, the harmful effect on teeth can be dramatic. Sugar on teeth provides food for bacteria, which produce acid. The acid in turn can eat away the enamel on teeth.

Almost all foods have some type of sugar that cannot and should not be eliminated from our diets. Many of these foods contain important nutrients and add enjoyment to eating. But there is a risk for tooth decay from a diet high in sugars and starches. Starches can be found in everything from bread to pretzels to salad dressing, so read labels and plan carefully for a balanced, nutritious diet

for you and your kids.

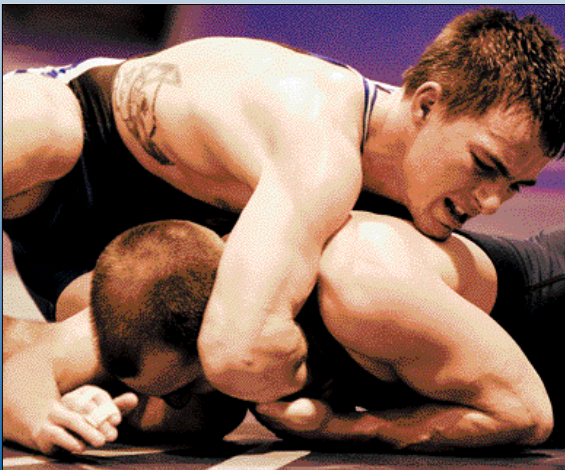
Reduce your children’s risk of tooth decay:

- Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.
- Limit between-meal snacks. If kids crave a snack, offer them nutritious foods.
- If your kids chew gum, make it sugarless. Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.
- Monitor beverage consumption. Instead of soft drinks all day, children should also choose water and low-fat milk.
- Help your children develop good brushing and flossing habits.
- Schedule regular dental visits.

Get a grip

Airman 1st Class Tyler Moore wrestles Senior Airman Christopher Wise during a training match for the Air Force Wrestling Camp Feb. 25 at Mountain Home Air Force Base, Idaho.

U.S. Air Force photo by Senior Airman Ryan Crane



FITNESSTIPS

Exercise: Front squat
Muscles Worked:
Thighs (quadriceps)



Hold barbell in front resting on shoulders with arms crossed. Upper arms should be parallel to the ground. Have feet slightly more than shoulder width apart. Keep back straight and maintain neutral alignment throughout exercise. Begin by bending knees in the same direction as the feet and thighs are parallel to the ground. Push back up and keep feet flat on the ground throughout the movement.

Exercise: Back Squat
Muscles Worked:
Thighs (quadriceps)

Rest barbell on upper back and grasp bar on either side. Stand with feet slightly more than shoulder width apart. Keep back straight and maintain neutral alignment. Bend knees until thighs are parallel with the ground. Keep feet planted firmly on the ground. Push back up into the starting position.



Model: Tina Mace, certified personal trainer and aerobics instructor
Photos: Mr. Benny Miguel, Fitness Director
Instructions: A1C Katrina Plank, Asst Fitness Coordinator and certified personal trainer